



# COMMONWEALTH of VIRGINIA

## Department for the Aging

Jay W. DeBoer, J.D., Commissioner

[Click Here to go to the Virginia Department for the Aging Home Page](#)

### TABLE OF CONTENTS AAA TUESDAY E-MAILING February 7, 2006

SUBJECT	VDA ID NUMBER
<a href="#"><u>Grant Opportunity: Retirement Research Foundation</u></a> (Elaine Smith)	06-56
<a href="#"><u>Baby Boomer Health Care</u></a> (Ellen Nau)	06-57
<a href="#"><u>Resource for Nutrition Education, Food Safety, and Health Promotion/Disease Prevention</u></a> (Elaine Smith)	06-58

Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*  
Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** February 7, 2006

**SUBJECT: Grant Opportunity: Retirement Research Foundation**

Following is a grant opportunity for your consideration from the Retirement Research Foundation.

Deadlines for receipt of requests: February 1, May 1 and August 1. Decisions are usually made four to six months after each deadline.

The late John D. MacArthur established the Retirement Research Foundation (RRF) over twenty years ago to help meet the ever-changing needs of older Americans. Over \$150 million has been invested to build a network of pioneering and skilled individuals and institutions committed to addressing aging and retirement issues.

The General Program funds service, education, research and advocacy projects. Of particular interest are creative projects that have the potential to change practice, policy or delivery systems.

The Foundation support programs that:

- improve services and care for the elderly;
- seek answers to diseases prevalent in the older population;
- educate policymakers about the needs and capacities of America's seniors;
- attract and train skilled professionals to serve older adults;
- expand employment and volunteer opportunities for older persons; and
- identify and address concerns of older Americans.

Grant Opportunity: Retirement Research Foundation  
February 7, 2006  
Page 2 of 2

The Foundation is particularly interested in innovative projects that develop and/or demonstrate new approaches to the problems of older adults and have the potential for regional or national impact.

Eligible Applicants: Organizations that have exempt status under Section 501 (c)(3) of the Internal Revenue Code.

Available Funds: Approximately \$ 9 million.

Size of Awards: Generally between \$5,000 and \$200,000.

Project Period: Up to 3 years.

For more information, contact:  
The Retirement Research Foundation  
8765 West Higgins Road, Suite 430  
Chicago, Illinois 60631-4170  
Phone: 773-714-8080  
Fax: 773-714-8089  
Email: [info@rrf.org](mailto:info@rrf.org)

Or go to:  
<http://www.rrf.org/index.html>

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*  
Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** February 7, 2006

**SUBJECT: Baby Boomer Health Care**

**Health Coverage for Aging Baby Boomers: Findings from The Commonwealth Fund Survey of Older Adults, The Commonwealth Fund, January 2006**

Conclusions of the Survey conducted by The Commonwealth Fund will not surprise members of the aging network. The report analyzes the quality of health insurance coverage for baby boomers in the workforce, with particular attention paid to workers with low or moderate incomes. The workers in the age range of 50 to 64 years of age report health care expenses more than twice those of younger adults. Conclusions reached in the report include the following:

1. Older adults have high rates of chronic conditions.
2. Many working older adults have unstable health insurance coverage.
3. Older adults use a large amount of income on coverage and health care if they have individual insurance coverage or no insurance. These individuals also have reduced access to care.
4. Older adults report high rates of medical bill problems.
5. Working "baby boomers" are concerned about affording health care and express interest in establishing medical savings accounts or enrolling early in Medicare.

The entire Commonwealth Fund report can be downloaded from their website at [http://www.cmwf.org/publications/publications\\_show.htm?doc\\_id=340370](http://www.cmwf.org/publications/publications_show.htm?doc_id=340370)

A February 1, 2006 email alert from the Commonwealth Fund notes the importance President Bush placed on health care costs and insurance coverage in his

Baby Boomer Health Care  
February 7, 2006  
Page 2 of 2

January 31 2006 State of the Union Address. The President offered several solutions to the rising costs of health care and insurance coverage. One remedy was the use of medical savings accounts. The Commonwealth Fund notes that many research documents on healthcare costs and insurance are located on the organization's website at

[http://www.cmwf.org/General/General\\_show.htm?doc\\_id=344112&#doc344112](http://www.cmwf.org/General/General_show.htm?doc_id=344112&#doc344112)

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*  
Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** February 7, 2006

**SUBJECT: Resource for Nutrition Education, Food Safety, and Health  
Promotion/Disease Prevention**

I wanted to make you aware of a very useful publication from the American Egg Board. *Rediscover Eggs!* is a newsletter for active adults. A free subscription for *Rediscover Eggs!* can be had by providing name and complete mailing address to The Incredible Edible Egg, P. O. Box 755, Park Ridge, IL 60068-0755 or email: <mailto:aeb@aeb.org>. Each issue contains excellent articles on nutrition, food safety, and exercise for older adults all written by experts in these topic areas. All articles are reproducible and suggestions are given for using the information in client programs.

Also included are quantity recipes for possible use in your agency's meal planning and preparation as well as recipes for individual client use. Naturally, the recipes usually feature eggs as a major ingredient. Although often maligned for their cholesterol content, eggs can be a well-accepted and digestible source of protein and other valuable nutrients for our seniors. I'm not suggesting that we "push" egg consumption, however, research has shown that the cholesterol in eggs and other animal foods does not have as great an influence on raising our blood cholesterol as once thought. The intake of eggs, as part of a healthy diet high in fruits and vegetables and whole grains and low in saturated and trans fats, is generally not detrimental to one's cholesterol level.

At any rate, the *Discover Eggs!* articles and information on nutrition, food safety, and exercise usually don't even mention eggs. For example, recent exercise articles addressed the role of exercise in preventing joint deterioration and understanding muscle soreness—good pain or bad pain. I highly recommend *Discover Eggs!* for its valuable, credible resources for your nutrition education and health promotion and disease prevention efforts.

The American Egg Board website at: <http://www.aeb.org/> also provides a wealth of information for consumers, health professionals, and educators. Of possible timely interest is information on Avian Influenza (Bird Flu)—“It's Not In Your Food”. The Egg Nutrition Center website at <http://www.enc-online.org/> is also an excellent resource. Even though these sites have many good recipes and nutrition and food safety information, keep in mind, they **are** promoting eggs.

Please feel free to contact me with questions or comments at (804) 662-9319 or e-mail: <mailto:Elaine.Smith@vda.virginia.gov>